

**NAVY SURGEON**—Rear Admiral Herbert Lamont Pugh (MC, Ret.). J. B. Lippincott Company, Philadelphia, 1959. 459 pages, \$5.00.

The autobiography of Rear Admiral Herbert Lamont Pugh (MC, Ret.) is a rather extensive tome entitled *Navy Surgeon*. To the average reader, a less faithful recording of the extraneous details of his personal diary would have strengthened the book. However, to all young men contemplating a career in one of the services, it is recommended reading. The story is a faithful and inspiring account of how a young doctor of humble background reached the high office of Surgeon General of the United States Navy and, in so doing, achieved one of the most rewarding and fascinating of life's experiences.

The progenitors of the large Pugh family were God-fearing people of strong character. Attitudes of industry and thrift were as much a part of choice as necessity. From the father was learned the nobility of work and from the mother a reverence for God and the family. Young Lamont's years of training were often periods of hardship and self-sacrifice. The story reflects, however, a sense of dedication and appreciation of opportunity, with which he passed in succession the many milestones of his professional career.

It was the second world war which provided the opportunity for unprecedented advancement. One after the other of top assignments was given to Doctor Pugh. From the position of Chief of the Surgical Service at the Naval Hospital, Pearl Harbor, he was transferred in eight short months to the same position at the Naval Hospital, San Diego. Being the only member of the regular Navy at the time who had been certified through examination by the American Board of Surgery, Commander Pugh found himself in charge of a service having several members of his staff of senior rank. At one time Commander Pugh was the only member of the regular Navy on the San Diego staff of 185 surgeons, or specialists allied to surgery. His consistent habit of always qualifying himself for advancement through examination or elective training, had indeed paid rich dividends.

Both as Deputy Surgeon General and as Surgeon General, Doctor Pugh served a period of eight years in the Bureau of Medicine and Surgery. During that time many creative ideas for advancing the status and prestige of medicine as practiced in the armed services, were put into effect. It is today a fact that in the armed services medical program there are equality of training opportunity and many compensatory advantages to those who choose to serve their country in this way. Lamont Pugh's career is a living testimonial to the rewards which can accrue from this choice.

W. L. ROGERS, M.D.

*Rear Admiral, MC, USNR*

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**DIAGNOSIS AND TREATMENT OF MENSTRUAL DISORDERS AND STERILITY**—Fourth Edition—S. Leon Israel, M.D., Professor of Gynecology and Obstetrics, Graduate School of Medicine, University of Pennsylvania; Chief Gynecologist, Graduate Hospital; Gynecologist and Obstetrician, Pennsylvania Hospital, Philadelphia. Paul B. Hoeber, Inc., Medical Book Department of Harper & Brothers, 1959. 666 pages, \$15.00.

The fourth edition of this successful book appears as the sole effort of the former junior author with the exception of three sections written by collaborators. It is a relatively large volume since it is composed of 31 chapters and covers 666 pages.

Any writer on the subject of menstrual disorders is faced with the problem of how far afield he should go with the discussion of allied subjects such as endocrinology, gynecologic and systemic disease, and infertility. Israel seems to have faced this difficulty by including all of them. The book

begins with a consideration of the physiology of the pituitary gland and the ovaries, and turns to a clinical evaluation of puberty, following which we find a description of the normal menstrual cycle, and a chapter is then interposed on the role of androgen in gynecic physiology. The various menstrual disorders are then taken in sequence, but amenorrhea is given special consideration and extensive sections are devoted to its appearance in derangements of the central nervous system, the pituitary gland, the ovaries, and the uterus. The role of the thyroid gland and adrenal cortex in menstrual disorders now receive special attention, and the next four chapters take up the problems of menorrhagia and metrorrhagia. Finally, seven chapters deal with various aspects of sterility, including the male factor, and the concluding section is devoted to recurrent abortion.

The assortment of so many topics and the arrangement adopted by the author at once lead one to suspect that we may be faced with a confused mass of material. There is indeed some irregularity in the assessment of the relative values of some subjects. For instance, in a book on menstrual disorders one would expect more than nine pages of text dealing with the menopause, especially since neoplastic disease is given fifteen pages and includes a discussion of carcinoma in situ of the cervix which has nothing to do with derangements of menstruation and is not even characterized by abnormal bleeding. However, a careful perusal of the book shows that this divergence does not detract from it but in many ways enhances its value. The reason is that it is remarkably well done. Each disorder or disease is given a concise clear description, the diagnostic procedures are well defined, and treatment is presented in a definite usable manner. The author does not have any ax to grind and his approach to the endocrine therapy of menstrual disorders is conservative and sound, while he avoids the regrettable abuses which have characterized this subject since the early days of the ovarian residue pills. Israel is an accomplished writer and the book reads well; we may forgive him for the occasional lapse such as "the midinternally administered estrogen" and "the ferning of the cervical mucus."

This is an excellent and authoritative book, far more complete than its predecessors, and it is certain to appeal to a wider group of practitioners than merely to the specialties implied in the title.

C. FREDERIC FLUHMANN, M.D.

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**INTERN'S MANUAL (Cook County Hospital)**—Second Edition—Arthur Bernstein, M.D., Assistant Medical Superintendent, Cook County Hospital; Clinical Associate Professor of Medicine, University of Illinois College of Medicine. The Year Book Publishers, Inc., 200 East Illinois Street, Chicago 11, 1959. 308 pages, \$3.00.

This little volume essentially outlines methods of diagnosis and treatment of major illnesses as they are cared for at the Cook County Hospital. As the name indicates, the volume is primarily designed for interns at the Institution. The book outlines in a concise way a satisfactory management of most of the major illnesses. In a sense it contains the orders that the interns are to write in particular conditions.

While the book undoubtedly would be most valuable to an intern at the Cook County Hospital, interns at other institutions will also find it valuable, particularly in the early portion of the intern year. The book could also serve as a check list for a practicing physician who might utilize it to be sure that he had not omitted certain aspects of therapy. This sort of volume could be dangerous in that it could give either intern or practicing physician a "cook book" approach to therapy. Nevertheless, as the author plans its use, the book should prove valuable.